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Men's Transitional House Silver City
1307 N. Swan St
Silver City, NM 88061

575-956-6242
575-956-6947

Ramirez, Karissa

ID: 1000010706932
DOB: 12/14/1993

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Case Management Note

Presenting Problem:

Symptoms of depression continue to be described.
Ms. Ramirez continues to experience mood swings.
Ms. Ramirez continues to experience symptoms of psychotic process.

An application was completed for disability.
Karissa reports feelings of extreme anger and rage. She has had seizures recently. She has been having extreme depression Ms. Ramirez presents as downcast, Ms. Ramirez presents as irritable, attentive, communicative, casually groomed, over weight, and looks unhappy. There are signs of severe depression. Body posture and attitude convey an underlying depressed mood. Facial expression and general demeanor reveal depressed mood. Psychotic or borderline psychotic symptoms seem to be present. Her reasoning is illogical. Wishes to be dead have been occurring but suicidal intentions are denied. Insight into problems appears to be poor. Judgment appears to be poor. There are signs of anxiety. There are no signs of hyperactive or attentional difficulties. Ms. Ramirez's behavior in the session was cooperative and attentive with no gross behavioral abnormalities.

BEHAVIOR:

Medication has not been regularly taken. She depends on others to help perform self care. She reports the feeling that the performance of domestic tasks has to be forced and are performed with difficulty. She is having to force self to socialize with others. More angry outbursts are occurring. Impulsive behaviors continue to be displayed. Ms. Ramirez has increased food and fluid intake. Ms. Ramirez is sometimes confused. Sleep problems are reported.

CONTENT OF THERAPY:

This session the focus was on the problem of coping with depression. Problems in the family were also discussed by the patient. Interpersonal problems were also discussed by the patient. The problem of low frustration tolerance was also discussed. Feelings of low self esteem were also discussed in this therapy session. Apprehensions about panic attacks were also discussed in today's session. Self defeating problems were also discussed. Ms. Ramirez also expressed many angry feelings.

THERAPEUTIC INTERVENTION:

Instructions were given regarding ways to facilitate communication of feelings. This session the therapeutic focus was, in part, on helping to clarify areas of difficulty and to develop coping skills and to manage stress. The main therapeutic techniques used this session were supportive. The patient was also encouraged to ventilate feelings.
Time spent face to face with patient and/or family and coordination of care: 120 min

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